

## EAST CENTRAL DISTRICT HEALTH DEPARTMENT SUMMARY

### SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, the rate for the adult population was significantly better for two indicators in the East Central District, compared to Nebraska. A smaller proportion of adults had ever been diagnosed with asthma and fewer indicated that they currently have asthma, compared to the state.
- Rates were significantly worse for eight indicators in this District than they were for the state overall. Fewer adults visited the doctor for a routine checkup in the past year. In the event of a large-scale disaster, a smaller proportion of adults would use a cell phone as their main source of communication. The proportions of adults who ever had their cholesterol checked and who had it checked within the past five years were lower, compared to the state. Fewer adults participated in the recommended level of vigorous physical activity in a usual week. A smaller proportion of women aged 18 and older had a Pap test in the last three years. Fewer adults aged 65 and older in this District were ever vaccinated for pneumonia. More adults reported having one or more teeth extracted due to decay or gum disease.

### SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of adults who were ever diagnosed with asthma decreased significantly from the 2005 baseline in the East Central District.

### HEALTH CARE ACCESS

In 2007-2008, 19.5 percent of East Central District residents aged 18 to 64 years reported having no health insurance at the time of the survey.

Nearly one in six adults (15.6 percent) did not have a personal doctor or health care provider, with men (19.9 percent) significantly more likely than women (11.4 percent) to be without a personal physician.

At some time in the past year, 7.8 percent of East Central adults needed to see a doctor but could not due to the potential cost of care.

Little more than one-half of all respondents (54.4 percent) reported visiting a doctor for a routine checkup in the past year—a significantly smaller proportion than the statewide rate. Men in the East Central District (45.5 percent) were significantly less likely than women (64.4 percent) in this District and than Nebraska men overall (53.2 percent) to have had a checkup in the last 12 months.

### GENERAL EMERGENCY PREPAREDNESS

In the East Central District, 14.0 percent of adults indicated their household was not prepared for a major disaster. Seven out of ten adults (70.3 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this District (53.4 percent) did not have a three-day supply of water on hand. Although most households in this area had a three-day supply of non-perishable food, respondents from 13.6 percent of households said they did not. Similarly, 9.1 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

Nearly one-fifth of District households (18.5 percent) did not have a working battery-powered radio, while only 5.2 percent of households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in the East Central District said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 6.8 percent stated they would not do so. Men (11.1 percent) were significantly more likely than women (2.9 percent) to say they would refuse to leave.

Two-thirds of East Central adults (68.1 percent) would use a cell phone as their primary means of communication with family and friends in an emergency situation. However, this rate is significantly lower than the statewide average.

More than one-half (54.6 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

**HEALTH-RELATED QUALITY OF LIFE**

Among East Central adults, 86.5 percent considered their general health “good”, “very good”, or “excellent.”

East Central District adults averaged 2.7 days in the past month when their physical health was “not good” and 2.6 days when their mental health was “not good”. Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 3.4 days in the past month.

**DISABILITY**

In 2007-2008, 16.8 percent of adults in this county stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 5.3 percent of adults in this District.

**MENTAL HEALTH**

Only 3.9 percent of East Central District adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 5.9 percent of adults.

A larger proportion of adults (17.8 percent) said they had ever been diagnosed with a depressive disorder, while 8.6 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

**CARDIOVASCULAR DISEASE**

In the East Central District, 4.1 percent of adults said they ever had a heart attack. Men (6.1 percent) were significantly more likely than women (2.3 percent) to report having a heart attack.

The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 3.3 percent in this District, with men (4.8 percent) significantly more likely than women (1.9 percent) to say they were diagnosed with coronary heart disease.

Only 1.6 percent of East Central respondents said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 23.4 percent in 2007.

Two-thirds of East Central adults (68.2 percent) ever had their cholesterol level checked and 62.2 percent had it tested in the past five years. These screening rates were significantly lower than the overall rates for the state. Screening rates for women in this District were also significantly lower than the Nebraska rates for women.

Among respondents who ever had their blood cholesterol level checked, 38.7 percent had been told it was high.

**DIABETES**

Among East Central adults, 6.1 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

**ARTHRITIS**

One-fourth of adults in this county (24.4 percent) reported ever being diagnosed with arthritis.

**ASTHMA**

The proportion of adults who had ever been told they had asthma was 7.4 percent, while 4.9 percent currently have this disease (significantly lower than the statewide rate of 7.7 percent). Lifetime prevalence of asthma in the East Central District had decreased significantly from the 2005 rate and was significantly lower than this rate for Nebraska overall.

**OVERWEIGHT AND OBESITY**

More than one-fourth of all adults residing in the East Central District (27.9 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 38.9 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, two-thirds of adults (66.8 percent) were overweight or obese in 2007-2008.

Men in this District (48.1 percent) were significantly more likely than women (27.9 percent) to report heights and weights that placed them in the overweight category.

#### FRUIT AND VEGETABLE CONSUMPTION

One-fourth of East Central adults (25.0 percent) consume fruits and/or vegetables five or more times daily.

#### PHYSICAL ACTIVITY

One-fourth of respondents in this District (26.8 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

Nearly one-half of East Central adults (47.2 percent) participated in the recommended level of “moderate and/or vigorous” physical activity in a usual week.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 24.1 percent of respondents from this District. This rate is significantly lower than the Nebraska rate, as was the rate for men in this District (24.9 percent).

#### TOBACCO USE

Among East Central adults, 16.9 percent said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 55.1 percent reported trying to quit smoking at least once in the past 12 months.

One-third of East Central men (35.7 percent) said they had ever used smokeless tobacco, while 12.8 percent stated they currently use these tobacco products.

#### ALCOHOL CONSUMPTION

Binge drinking was reported by 22.0 percent of East Central adults, with men (29.1 percent) significantly more likely than women (14.1 percent) to say they had participated in binge drinking in the last month.

Five percent of respondents (5.0 percent) indicated they engaged in heavy drinking in the past 30 days.

Drinking and driving was reported by 10.3 percent of adults in this county in the last month.

#### CANCER SCREENING

Among women aged 40 and older in the East Central District, 61.8 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 93.4 percent reported ever having a Pap test, while 72.0 percent said they had this test within the past three years. The three-year screening rate was significantly lower than the corresponding rate for Nebraska women overall.

Most men aged 50 and older (79.7 percent) in this District indicated that they ever had a PSA test to screen for prostate cancer, while 61.4 percent said they had this test in the past two years.

Among East Central adults aged 50 and older, 53.6 percent reported ever having a colonoscopy or sigmoidoscopy, while 19.2 percent said they had a blood stool test in the past two years.

#### IMMUNIZATION

Three-fourths of all adults aged 65 and older in the East Central District (74.6 percent) said they had been vaccinated for influenza in the past 12 months.

A smaller proportion of adults in this age group indicated they ever had a pneumonia vaccination (61.7 percent). This rate and the vaccination rate for women (62.4 percent) were both significantly smaller than the corresponding state rates.

#### ORAL HEALTH

Two-thirds of the adults in the East Central District (68.1 percent) had visited a dentist in the past 12 months and 66.2 percent had their teeth cleaned within the last year.

Thirty-nine percent of District respondents (39.0 percent) stated they had one or more teeth extracted due to decay or gum disease—significantly higher than the Nebraska rate.

Among respondents aged 65 and older, 14.3 percent reported having all their teeth extracted due to decay or gum disease.

EAST CENTRAL DISTRICT HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN		WOMEN		Gender Difference Significant?	
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Weighted % or Mean		
HEALTH CARE ACCESS									
1. No health care coverage among adults 18-64 years old	932	19.5	NS	392	21.3	NS	540	17.7	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,353	15.6	NS	525	19.9	NS	828	11.4	Yes
3. Needed to see a doctor in past year but could not because of cost	1,353	7.8	NS	522	6.9	NS	831	8.8	No
4. Visited a doctor for a routine checkup within the past year	1,336	54.4	Sig.	515	45.5	Sig.	821	64.4	Yes
GENERAL EMERGENCY PREPAREDNESS									
1. Household not prepared for major disaster	512	14.0	NS	204	9.4	NS	308	18.9	No
2. Household has no disaster evacuation plan	518	70.3	NS	207	66.5	NS	311	74.6	No
3. Does not have at least 3-day supply of water	515	53.4	NS	205	46.3	NS	310	59.8	No
4. Does not have at least 3-day supply of non-perishable food	512	13.6	NS	204	11.0	NS	308	17.2	No
5. Does not have at least 3-day supply of prescription drugs	518	9.1	NS	207	8.3	NS	311	10.7	No
6. Household has no working battery-powered radio	510	18.5	NS	204	15.2	NS	306	23.8	No
7. Household has no working battery-powered flashlight	517	5.2	NS	205	2.4	NS	312	9.5	No
8. Household would not leave home if evacuation were required	478	6.8	NS	183	11.1	NS	295	2.9	Yes
9. Household would use cell phone as main source of communication	497	68.1	Sig.	201	67.4	NS	296	68.1	No
10. Household would use radio as main source of information	488	54.6	NS	199	54.7	NS	289	54.1	No
HEALTH-RELATED QUALITY OF LIFE									
1. General health was 'good' to 'excellent'	1,353	86.5	NS	525	87.8	NS	828	84.5	No
2. Average number of days (in past month) that physical health was not good	1,331	2.7	NS	519	2.4	NS	812	3.1	No
3. Average number of days (in past month) that mental health was not good	1,338	2.6	NS	521	2.1	NS	817	3.0	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	628	3.4	NS	198	3.5	NS	430	3.3	No
DISABILITY									
1. Limited in any way in any activities due to physical, mental or emotional problems	1,346	16.8	NS	522	15.1	NS	824	19.0	No
2. Have health problems requiring use of special equipment	1,351	5.3	NS	524	4.9	NS	827	5.6	No
MENTAL HEALTH									
1. Had serious psychological distress (SPD) in past 30 days	281	3.9	NS	116	0.9	NS	165	7.0	No
2. Have current depression (based on Severity of Depression score of 10+)	220	5.9	NS	84	5.1	NS	136	6.8	No
3. Lifetime diagnosis of depressive disorder	239	17.8	NS	91	14.9	NS	148	22.2	No
4. Lifetime diagnosis of anxiety disorder	238	8.6	NS	91	6.9	NS	147	11.1	No

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
<b>CARDIOVASCULAR DISEASE</b>									
1. Ever told they had a heart attack or myocardial infarction	1,347	4.1	NS	523	6.1	NS	824	2.3	NS
2. Ever told they had angina or coronary heart disease	1,342	3.3	NS	519	4.8	NS	823	1.9	NS
3. Ever told they had a stroke	1,355	1.6	NS	525	1.9	NS	830	1.5	NS
4. Ever told blood pressure was high	595	23.4	NS	246	23.5	NS	349	21.5	NS
5. Ever had cholesterol level checked	587	68.2	Sig.	243	67.6	NS	344	68.2	Sig.
6. Had cholesterol level checked during the past five years	581	62.2	Sig.	242	60.1	NS	339	64.3	Sig.
7. Ever told cholesterol was high, among those who had ever been screened	461	38.7	NS	183	42.5	NS	278	30.1	NS
<b>DIABETES</b>									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,354	6.1	NS	524	5.8	NS	830	6.4	NS
<b>ARTHRITIS</b>									
1. Ever diagnosed with arthritis	591	24.4	NS	244	21.2	NS	347	27.1	NS
<b>ASTHMA</b>									
1. Ever told they had asthma	1,353	7.4	Sig.	524	6.6	NS	829	8.3	Sig.
2. Currently have asthma	1,350	4.9	Sig.	523	3.7	NS	827	6.2	NS
<b>OVERWEIGHT AND OBESITY</b>									
1. Obese (BMI=30+)	1,267	27.9	NS	513	28.3	NS	754	27.1	NS
2. Overweight (BMI=25.0-29.9)	1,267	38.9	NS	513	48.1	NS	754	27.9	NS
<b>FRUIT AND VEGETABLE CONSUMPTION</b>									
1. Consumed fruits and vegetables 5 or more times per day	587	25.0	NS	244	20.3	NS	343	31.0	NS
<b>PHYSICAL ACTIVITY</b>									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,355	26.8	NS	525	26.7	NS	830	26.1	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	554	47.2	NS	233	46.7	NS	321	51.3	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	564	24.1	Sig.	235	24.9	Sig.	329	26.2	NS
<b>TOBACCO USE</b>									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,350	16.9	NS	523	20.4	NS	827	13.3	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	199	55.1	NS	95	55.1	NS	104	54.1	NS
3. Ever used smokeless tobacco (males)	--	--	--	269	35.7	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	84	12.8	NS	--	--	--

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
<b>ALCOHOL CONSUMPTION</b>									
1. Engaged in binge drinking in the past 30 days	541	22.0	NS	212	29.1	NS	329	14.1	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,317	5.0	NS	509	6.7	NS	808	3.1	NS
3. Engaged in drinking and driving in the past 30 days	395	10.3	NS	165	13.4	NS	230	5.2	NS
<b>CANCER SCREENING</b>									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	507	61.8	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	639	93.4	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	626	72.0	Sig.
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	52	79.7	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	52	61.4	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	53	78.6	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	51	52.8	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	635	53.6	NS	231	54.6	NS	404	52.6	NS
9. Among adults aged 50+, had a blood stool test in past two years	587	19.2	NS	217	23.3	NS	370	16.0	Sig.
<b>IMMUNIZATION</b>									
1. Had a flu shot in past 12 months (aged 65+)	415	74.6	NS	128	73.7	NS	287	75.2	NS
2. Ever had a pneumonia vaccination (aged 65+)	405	61.7	Sig.	124	60.7	NS	281	62.4	Sig.
<b>ORAL HEALTH</b>									
1. Visited the dentist in past 12 months	750	68.1	NS	274	66.3	NS	476	70.6	NS
2. Had teeth cleaned in past 12 months	694	66.2	NS	259	61.2	NS	435	71.8	NS
3. Had one or more teeth extracted due to decay or gum disease	744	39.0	Sig.	273	40.4	NS	471	37.8	NS
4. Had all of their teeth extracted (aged 65+)	237	14.3	NS	66	12.8	NS	171	15.5	NS

## NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska